

Aquatics Unit

STROKES

Competitive Strokes/Kicks

Front Crawl (freestyle) -flutter kick

Back Crawl-flutter kick

Butterfly-dolphin kick

Breaststroke- whip kick*

Non-Competitive Strokes/Kicks

Sidestroke* -scissors kick

Elementary backstroke* -whip kick

***The three “resting strokes because the arm recovery is underwater!**

ENTRIES INTO WATER

1. Compact jump – safest for deep-water entry from a height
2. Stride jump – used in lifesaving to keep eye contact with the victim.
3. Slide from side of pool – Used if a back or neck injury is suspected

Surface Dives- used to submerge and swim to the bottom of the pool, pond or lake to retrieve items. Executed from the surface of the water.

- Feet first surface dive- used when you are unsure of the depth
- Pike surface dive
- Tuck surface dive
- Quick surface dive

AQUATICS SAFETY

Lifesaving

If someone has fallen into the water you don't want to end up a victim also... Remember... “REACH, THROW, ROW -GO (IF YOU ARE A LIFEGUARD)

- REACH- Extend your arm, a branch, oar, pole
- THROW- A ring buoy, kickboard, lifejacket
- ROW- A paddleboat, rowboat, canoe, kayak
- GO- only if trained- always bring a rescue tube

APPROACH STROKE-A swimming stroke, either front crawl or breast stroke with your head out of water, keeping your eyes on the suspected victim.

Swimming Safety

- Do not dive headfirst into murky or shallow water
- Avoid fast moving water
- Don't swim after consuming alcohol
- Don't swim alone or without supervisors
- Never leave children unattended near water

Boating safety

- Young Children should always wear a PFD

- All boats must have a PFD for all people
- Don't overload a boat
- Motorboats need to have signal flares, a horn, operating lights, distress flag and an oar/paddle
- All personal watercraft operators need to have a boating safety course license
- Don't drive a boat or personal watercraft after consuming alcohol
- Always keep an eye on the weather

Synchronized Swimming

The skills of swimming, gymnastics and dance combined in a pool setting. It is a routine of elaborate and dramatic moves accompanied by music done in groups of people.

Our "synchro" groups must start out of water and end in the water. They must complete movements by the counts of eight or sixteen. They must always be in formations of lines or circles. The routine will end in a pose.

Canoes/ Kayaks

Parts of the canoe/kayak:

Stern- back

Bow- front

Port- left

Starboard-right

Thwarts- boards that cross a canoe to give it stability or to assist in carrying it.
DO NOT SIT ON A THWART!

Terms to understand:

- Portage- To carry a boat
- Swamping- When a boat capsizes
- Near shallow water capsize- Boaters will swim their boat to shallow water and perform a shallow water shake out.
- Shallow water shake out- When boaters have swamped in shallow water. The boaters get under the capsized boat lift it over their head, let the boat drain out and then flip it over correctly.
- Boat over Boat rescue- When a boat has capsized in the deep water. A rescue boat paddles into a perpendicular position to the swamped boat. The swimmers push and pull the swamped boat up and over the upright boat forming an "+" formation. The swamped boat drains out, turned upright, and then slide back into the water.
- Rescue Priorities: When a boat tips over, what do you worry about first?
1. People, 2. Boats, 3. Equipment (In this order!)
- Steering a canoe- The paddler in the back should be in control of steering a boat. They need to communicate with the front paddler. They should always be in opposition with each other.